

How do you wash your hands?

Simply rinsing your hands for 5 seconds doesn't kill the bacteria on your hands.

To make sure your hands are really clean; apply soap and warm water.

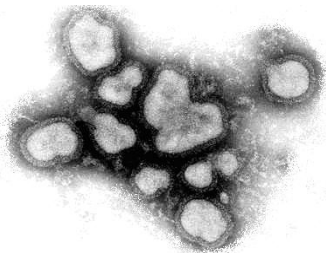
To create friction, rub your palms together; rub between your fingers, the back of your palms, as well as cleaning under your fingernails for at least 15 seconds. Also wash under any rings or jewelry you have on.

Make sure to rinse your hands and remove all soap from them.

After you wash your hands...

Dry your hands with paper towels and use paper towels to turn off the water.

Use a paper towel to open the restroom door.



Fingernails

Thousands of germs can survive under and around fingernails. Be sure to clean underneath fingernails if they look dirty, as well as when you wash or use alcohol-based hand sanitizers to clean your hands.

Freshly applied nail polish does not increase the numbers of germs present, but chipped nail polish can hold bacteria.

People with artificial nails are more likely to have more germs under and around their nails than those who do not wear them.

Maintain Healthy Skin

It is important to keep your skin healthy and prevent dry skin. Germs can attach more easily to dry skin, and open areas or cracks caused from dry skin will allow entry of bacteria into our bodies.

Using the right soaps and hand sanitizers that won't dry out your skin and moisturizing after washing your hands will help protect your skin from harmful bacteria.

Nevada State Health Division
Bureau of Health Care Quality and Compliance
775-684-4475
For more information regarding infection control and prevention please visit our site at:
http://www.health.nv.gov/HCQC_InfectionPreventionControl.htm



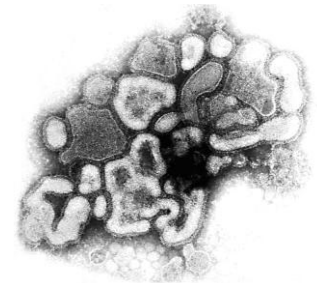
Protect yourself and others from

Flu.

Colds.

Infection.

Wash Your
Hands



Why you should wash your hands

Your hands are the easiest way to spread germs.

Washing your hands is one of the safest ways to prevent the spread of infections, including the common cold, flu, and several types of diarrhea.

Sneezing and coughing spreads cold germs into the air, but most of the time it is spread through germs on people's hands.

When you cough or sneeze into your hands, touch a doorknob, type on a keyboard in a public library, or grab onto a shopping cart, millions of germs attach to and hide in the creases of your hands.

Try to keep your hands away from your eyes, nose, and mouth. Picking or wiping your nose and shaking other people's hands or touching objects afterward can spread bacteria to others. Touching your eyes or mouth after touching objects in public areas may also spread bacteria and get you sick.

Raw, uncooked foods carry thousands of bacteria. If you don't wash your hands properly after handling these raw foods, you may contaminate other foods and get yourself and other people sick.

When you should wash your hands

Always wash your hands

Before:

Eating or drinking

Touching or serving food

Treating a cut, scrape, burn or blister

Taking care of someone who is sick

Always wash your hands

After:

Coughing, sneezing, blowing or wiping your nose

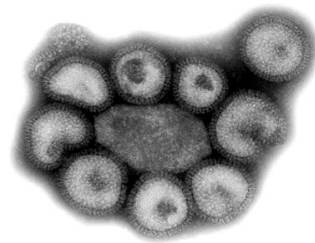
Going to the bathroom

Changing a diaper (wash the baby's hands as well)

Handling uncooked food; raw meat, poultry, fish

Handling garbage

Using a computer in a public computer lab



What about hand sanitizers?

If you are not near soap and water (and your hands are not visibly dirty) you can use alcohol-based hand sanitizers.

You can also use these gels after touching other persons' intact skin (shaking hands, when the other person has a cold or some other illness).

These hand sanitizers should contain 60% to 95% ethanol or isopropanol.

These products kill germs on your hands. Make sure you rub a small amount of gel all over your hands until it is dry.

It should take 15-25 seconds of rubbing before your hands feel dry. You should not have to rinse your hands with water or dry them with a towel after use.

Use alcohol hand rubs with 1-3% glycerol or other skin conditioning agents, such as emollients. These agents are added to hand sanitizers to bring back moisture to the skin to help reduce skin irritation and dryness.